

## Event Overview

The Annual Irish Jig Jog is sponsored by St. Catherine of Siena School. The race is run in conjunction with the St. Catherine of Siena Parish Annual Irish Fest. All proceeds from the race will go to the St. Catherine of Siena Home & School Association.

The Jig Jog courses take you through the village of West Dundee. The 5K course is USATF certified and includes some challenging hills! Water station located at the 1.5 mile.

**New this year**—Children ages five and under are invited to participate in the “Leprechaun Lap.” Each child will receive a medal instead of a race t-shirt.

All participants in the 5K and 1-Mile Fun Run receive a custom-designed T-shirt, and a “goody-bag.” All participants are invited to join us for post-race refreshments. Awards will be given to the top three males and females in seven categories. The awards ceremony will begin at 9:00 a.m.

Race results will be posted on [racetime.info](http://racetime.info) and [www.cararuns.org](http://www.cararuns.org). Bicycles, in-line skates, roller skates, other wheeled vehicles (except wheelchairs) and dogs are not allowed on the course.

## Event Sponsors

**RUNNER'S**  
WORLD

## Age Groups

14 & under	25-34	45-54	65 & over
15-24	35-44	55-64	

## Registration

**Online:** [www.signmeup.com](http://www.signmeup.com)

**By Mail:** St. Catherine of Siena School  
Attn: Jig Jog  
845 W. Main Street  
West Dundee, IL 60118

Checks payable to: St. Catherine of Siena School

**Day of Event: register at the school**  
7:00 - 7:45 a.m. for the 5K & 1-Mile  
7:00 - 8:30 for the Leprechaun Lap

**Register early!**  
**After 8/31, registration fees**  
**increase \$5.00 per race and we cannot**  
**guarantee you a t-shirt.**

**For more information, visit the website at:**  
**[www.irishjigjog.com](http://www.irishjigjog.com)**



**5K Run/Walk**  
(CARA Certified)

**Shamrock Family Mile**

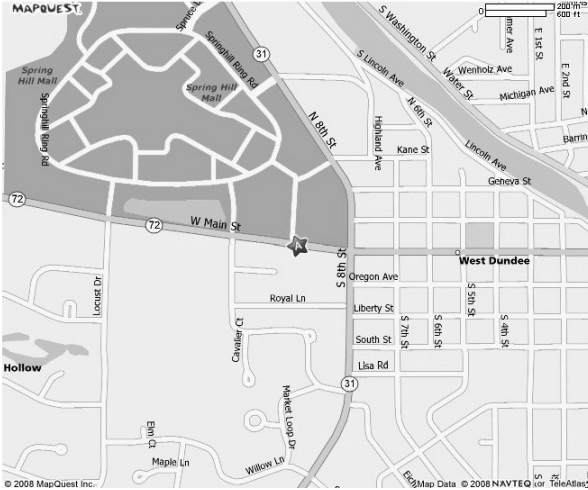


**Leprechaun Lap**  
(for children ages 5 & under)

5K begins at 8:00 a.m.  
1-Mile begins at 8:05 a.m.  
Leprechaun Lap begins at 8:45 a.m.

[www.signmeup.com](http://www.signmeup.com)  
Email: [timothy998@aol.com](mailto:timothy998@aol.com)

# St. Catherine of Siena Irish Jig Jog



## Location & Information

St. Catherine of Siena School  
845 W. Main Street  
(SW corner of routes 72 and 31)  
West Dundee

Parking is available at St. Catherine's school the day of the race in the East parking lot behind the school and the West parking lot in the grass area only. To ensure the safety of all participants please access parking via Galvin Parkway and do not attempt to enter the school parking lot via IL Rt. 72. Security personnel will be on hand to direct you to approved parking. Participants will special parking needs should enter the event via IL Rt. 72 where a security guard will provide assistance.

**Register Online:**  
**[www.signmeup.com](http://www.signmeup.com)**

## Course

5K course is USATF certified—#IL-07022-JW  
Split time will be provided at each mile mark.

## Entry Fees

(checks payable to St. Catherine of Siena School)

### 5K

\$ 18.00 for CARA Members (\$23.00 after 8/31)  
\$ 20.00 for non-CARA Members (\$25.00 after 8/31)

### 1-Mile Fun Run

\$10.00 (\$15.00 after 8/31)

### Leprechaun Lap

\$5.00 (\$10.00 after 8/31)

## Packet Pick-Up

T-shirt and race packet pick-up will be from 6:45 to 7:50 a.m. on the day of the event



This race has applied for and received the Chicago Area Runners Association designation as a CARA *CERTIFIED RACE*. This race has agreed to adhere to and uphold CARA's Best Practices Guidelines. These Guidelines embody the highest standards for quality, safety and comfort for participants in a road race.

Due to CARA's advocacy efforts, runners in the Chicagoland area enjoy some of the highest quality road races in the country. To view the Guidelines and to learn more about CARA, visit [www.cararuns.org](http://www.cararuns.org).

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.

## Registration Form

CARA No. (if applicable): \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Male       Female

Course:     5K       One Mile       Leprechaun Lap

T-Shirt Size (for 5K and 1-Mile races only)     No Thanks

Adult:  S     M     L     XL     XXL

Child:  10-12     14-16

**T-shirts are not guaranteed  
for registrations  
received after 8/31.**

### Waiver and Release of All Claims

In consideration of the acceptance of my entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have or may have against the organizers of this event, the Village of West Dundee, The Chicago Area Runners Association, and any of their respective principals, officers, employees, or representatives, and any and all claims of damages, demands, or actions whatsoever, in any manner, as a result of my participation in the Irish Jig Jog race event, including travel to and from the event and any pre- and post-race activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and I have not been advised otherwise by any qualified medical person. Further, I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, or print media of the event without compensation to me. I understand that the entry fee and bib numbers are non-transferable.

**ALL ENTRIES MUST SIGN WAIVER  
(PARENT OR GUARDIAN MUST SIGN IF  
PARTICIPANT IS UNDER 18)**

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_